

You know what happens when you use tobacco. **BUT WHAT ABOUT WHEN YOU QUIT?**

Quitting tobacco not only improves your health, it will save you time. You won't be taking cigarette breaks, and you'll be improving your health - adding a lot of time to your lifespan. Quitline Iowa will help you every step of the way. An expert Quit Coach® staff member will support you over the phone and online as you follow a Quitting Plan customized to your needs. Take the first step toward a life filled with time for much more than tobacco. When you join the program, you may be eligible to receive 8 weeks of free NRT, which includes a choice of patch, gum, or lozenge.

1.800.QUIT.NOW | www.quitlineiowa.org
(1.800.784.8669)



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